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WORDS CAN'T BRING HER DOWN {page 19}

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NEW YORK
Tuesday, October 2, 2012



Her survivor's story: Breast cancer made me 'stronger'

Breast Cancer Awareness Month



► Giuliana Rancic of E! News tells Metro of her epic battle ► New treatments, growing legion of survivors mark annual awareness month {pages 12-18}

politics

How to woo those still undecided

► Big chance for Obama, Romney at debate tomorrow
► Precious few could decide election {page 08}

news

Survivor from Aurora speaks out

► Stephen Barton was shot in the face ► Wants to know what Obama, Romney will do about gun control {page 04}

1

Crown of Statue of Liberty reopening to the public



GETTY IMAGES

► The full monument is scheduled to open by early 2013.

After a year of renovations shutting out the public, Lady Liberty will finally open to visitors of Liberty Island again, starting on Oct. 28 — at least, part of her will.

The National Park Service had originally expected to reopen the whole statue, including access to the pedestal and the crown, in late fall of this year.

More recent reports suggested access would be limited starting in late fall, working up to a full reopening by the end of the year.

10/28

The closed Statue of Liberty will finally be open to visitors again, starting on Oct. 28.

Get tickets now

► Crown tickets are available now, online at www.statuecruises.com or by phone at 201-604-2800.

Now the NPS is saying visitors can expect to explore the full monument by early 2013.

For now, just the crown is available to visitors — by reservation only.

Tickets to the crown also grant access to the pedestal-ob-

servation levels and a portion of the top of the star-shaped fort at the base of the statue.

Once the whole statue is open to the public, separate tickets to the pedestal and the museum will be available as well. ● METRO/DT

In the news

Cuomo pushes for Medicaid after prison

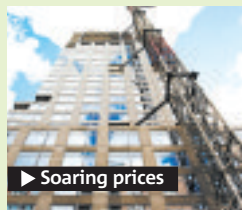
Governor Cuomo is launching an initiative to enroll former convicts in Medicaid health plans, according to the New York Post. The prisoners would apply while in prison, and receive the benefits after prison if they meet the income requirements. The Department of Health cites the high rate of disease in prisons as a reason to want former convicts to have health care. ● METRO/DT

In the news



Abortion feud

Monsignor Philip Reilly, above, and other local Catholics held a celebration mass at St. Michael's Church in Sunset Park on Sunday, according to the Daily News, after a clinic on the same block closed down last week as a result of protests. The owner of the clinic attributed the closure to an inability to find doctors willing to cross crowds of protesters. ● METRO/DT



► Soaring prices

Construction costs continue to escalate

NEW YORK. The Building Congress released a report yesterday on rising construction prices, noting that construction costs in New York are beginning to climb at a faster rate — particularly with respect to other American cities. The market is stronger overall than it has been since 2008, according to Building Congress President Richard T. Anderson. 2009 was a down year but it's been climbing since. Anderson anticipates the rise will continue in 2013. ● METRO/DT

Stabbed over soccer game in BK park

BROOKLYN. A man was stabbed in Prospect Park during a soccer game Sunday. According to Geoffrey Croft of NYC Park Advocates, soccer players near the Nethermead began arguing during a game Sunday at around 4:30 p.m. A man, 37, stabbed another man, 33, in the lower back. The victim survived the attack. ● METRO/AB

Police investigate body found within NYC park

► Decomposing remains found in Inwood Hill park yesterday reportedly those of an elderly man who had been missing ► He may have been camping in a tent found nearby ► Police waiting to hear cause of death

Police found the decomposing body of a man in Inwood Hill Park yesterday.

According to the NYPD, police arrived at the park around 8 a.m. at the intersection of Dyckman Street and Henry Hudson Parkway, where they were directed to the body.

Geoffrey Croft of NYC Park Advocates said a dog walker discovered the body, which was also near a tent, implying that the man may have been camping.

Croft identified the man as Seyed Ali Badakhshan, who had previously been reported missing.

Emergency responders responded and pronounced the man dead at the scene.

"It's a pretty wooded area," Croft told Metro, adding that he has seen multiple people camping in the park before. "There's certainly areas up there that unless you're specifically going, it's not surprising based on the terrain and the amount of tree coverage to not find a body for an extended period of time."

A police spokeswoman declined to give specifics on the scene last night, saying they were waiting for the medical examiner to determine the cause of death.



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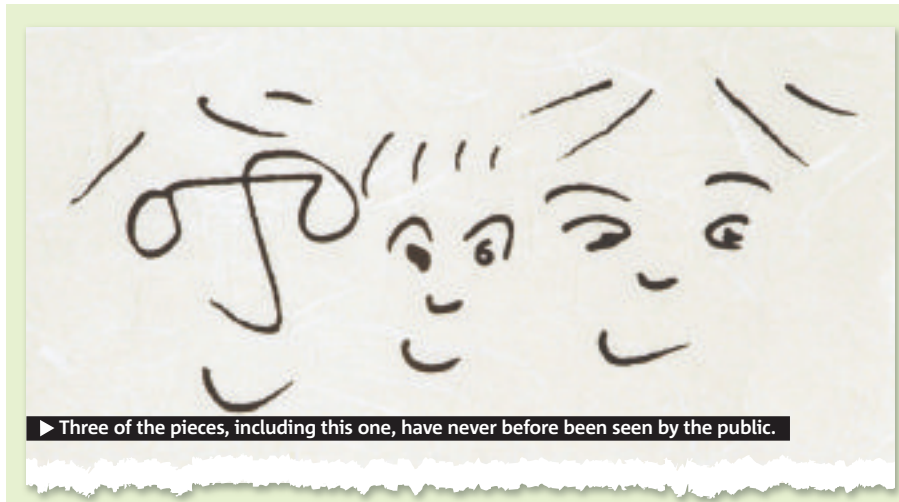
► The man's body may have been in the heavily wooded and little-used area for some time.

Quoted

"There's certainly areas up there that, unless you're specifically going, it's not surprising based on the terrain and the amount of tree coverage to not find a body for an extended period of time." GEOFFREY CROFT



Sketches from John Lennon go on display



► Three of the pieces, including this one, have never before been seen by the public.

In honor of what would have been his 72nd birthday, John Lennon's drawings are being shared with the public from Oct. 5 until Oct. 9—courtesy of Yoko Ono.

The artwork will be on display in SoHo as part of an exhibit Ono has put on for the past 10 years with her company Bag One Arts and a partner, Legacy Fine Art & Productions.

"This is really a very important thing for me," Ono told Metro yesterday.

The curators are suggesting a \$2 donation at the door, which will benefit the New York nonprofit CityMeals on Wheels, an organization that provides food and company to elderly New Yorkers.

Ono emphasized the importance of this fundraising, lamenting that "CityMeals on Wheels is having a very hard time."

The curators say that this year's exhibit considers the fans more so than ever before. It includes some written pieces, but the emphasis is on limited-edition prints of drawings and sketches.

Ono said she hopes to give people a chance to get a greater understanding of Lennon as an artist, and has included pieces from as early as 1964, up until Lennon's death in 1980.

Starting with 1964 was a significant decision, according to Ono. "It was an important time for John in terms of artwork," she said. "It's when his work became more gritty and conceptual."

Three of the pieces have never been available to the public, and will be making their debut at this showing.

"We discover things constantly," Ono said.

Other than to showcase Lennon as an artist, there is no theme to the works displayed in the exhibit. "It's just John," she laughed.

Ono said she thinks the exhibit is timely: "The world is getting very intense, people are depressed," she said. "The exhibit has incredible humor moments; John's work had a lot of sense of humor and incredible wisdom."

While Lennon is best known as a musician, Ono said he was a skilled and passionate visual artist as well, and he drew and sketched throughout his life.



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72

John Lennon would have been 72 years old this Oct. 9.

Just a \$2

donation

► The curators are suggesting a \$2 donation at the door, which will benefit the New York nonprofit CityMeals on Wheels, an organization that provides food and company to the elderly in New York City.

Where and when to see it

The exhibit, called "The Art of John Lennon," will be available for viewing at 130 Prince St., between Wooster and West Broadway in SoHo, from noon to 8 p.m. on Friday, Oct. 5, from 11 a.m. to 7 p.m. Saturday, Oct. 6, and then from 11 a.m. to 6 p.m. each day until the closing on Lennon's birthday, Oct. 9. The exhibit is free, but there is a \$2 suggested donation at the door. Proceeds will go to CityMeals on Wheels, a nonprofit that cares for the elderly. The artwork is all for sale, and prices range from \$200 to \$22,000.

● METRO/DT



► Another of Lennon's sketches

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News in brief

Man riding bike killed in Bushwick

BUSHWICK. A man was struck by a car and killed at 5:15 a.m. yesterday, according to police. Officers responded to a 911

176 Cyclists or pedestrians were killed in car crashes on New York City streets from July 2011 through June 2012, up 23 percent from the previous year.

call reporting a collision between a car and a bicycle at the intersection of Stewart and

Metropolitan avenues in Brooklyn. Officers arrived on the scene to find a 26-year-old man lying on the ground, suffering from traumatic head injuries. He was rushed to Woodhull Hospital but was pronounced dead on arrival.

The identity of the victim is being withheld until the family can be notified. An investigation into the incident is ongoing. ● **METRO/DT**

Colorado shooting victim speaking out for gun control

Quoted: Aurora victim



"In the next four years, 48,000 Americans won't be so lucky because they'll be murdered with guns in the next president's term — enough to fill over 200 theaters."

BARTON

Mayor Michael Bloomberg unveiled support for his fight against lax gun laws from someone new: A victim who experienced the horrific Aurora, Colo., shooting firsthand.

Stephen Barton was in the Aurora movie theater for the midnight premiere of "The Dark Knight Rises" on July 20 when suspect James Holmes allegedly opened fire on the crowd, killing 12 people and injuring 60 others.

Barton, who was shot in the face and neck, now appears in a national ad urging politicians to make gun control a major priority. The ad, released Sunday on YouTube, is part of the "Demand a Plan" campaign by Mayors Against Illegal Guns, co-founded by Bloomberg.

CASSANDRA GARRISON
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Will gun control be an issue on Nov. 6?

The ad does not endorse Obama or Romney, but instead pressures both candidates to bring up the topic during the first presidential debate,

which will be held Wednesday night near the Aurora movie theater at the University of Denver. "So when you watch the presidential debates, ask yourself: Who has a plan to stop gun violence? Let's demand a plan," Barton said.

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Issue. Awareness



► Estee Lauder executive chairman William P. Lauder, at left, and Elizabeth Hurley visit the Empire State Building.

© DIPASUPIL/FILMMAGIC

Elizabeth Hurley, along with Estee Lauder chairman William P. Lauder, visited the top of the Empire State Building yesterday, to launch the 20th anniversary of Estee Lauder's breast cancer awareness campaign. The late Evelyn Lauder is the woman who created the world famous Pink Ribbon campaign, a symbol of breast cancer awareness, after Lauder herself learned she had breast cancer in 1989. ● **METRO/CB**

Panel to hear nuclear-renewal challenges

► Many, including New York Gov. Andrew Cuomo, continue to be concerned about safety at Indian Point, the nuclear power plant 40 miles north of Manhattan ► But plant wants to keep running for another 20 years

A three-judge panel of the U.S. Nuclear Regulatory Commission will start hearings Oct. 15 on challenges to the license renewal application for Entergy Corp.'s Indian Point nuclear power plant north of New York City.

Entergy, one of the biggest U.S. nuclear power operators, wants to keep the two reactors at Indian Point running for another 20 years after its licenses expire in 2013 and 2015.

New York Governor Andrew Cuomo opposes license renewal, largely because of the plant's



MARIO TAMA/GETTY IMAGES

► Men fish on the Hudson River across from the Indian Point nuclear power plant in Buchanan, N.Y.

location near a metropolitan area that is home to 19 million people. An accident at the plant — no matter how unlikely — could be disastrous, according to Cuomo.

The 2,062-megawatt Indian Point plant is located in Buchanan in Westchester County, about 40 miles north of Manhattan on the Hudson River. It provides about a quarter of the power used in New York City and Westchester. The units entered service in 1974 and 1976. One megawatt powers about 1,000 homes. **REUTERS**

Future hearings

coming up

The NRC said in a press release on Friday that three judges of its Atomic Safety and Licensing Board would begin evidentiary hearings.

► **Oct. 15:** They will consider 10 complaints raised by New York state and two public interest groups, Hudson River Sloop Clearwater Inc. and Riverkeeper Inc. The initial hearings will be held in Tarrytown, N.Y., near the plant.

► **Through mid-December:** Several days of hearings will eventually result in a ruling by the panel which would come at a later date, the statement said.

2,062

Capacity of Buchanan's Indian Point plant in megawatts. One megawatt is enough to power about 1,000 homes.

Concerns about Hudson River aquatic life

The NRC is not the only group looking at Indian Point.

In 2010, the New York state Department of Environmental

Conservation said it would not issue a water permit for Indian Point until Entergy installed a so-called closed-loop cooling system to avoid killing fish and other aquatic life in the Hudson River. Many power plants and industrial facilities use water from

a river, lake or ocean to cool plant systems.

Entergy has said a closed-loop cooling system, like a cooling tower, would cost too much and take too long to build. Cooling towers would cost up to \$2 billion and could not enter serv-

ice before 2029, the company has said.

Instead, Entergy has suggested a Wedgewire screen system to prevent fish from being sucked into the plant's cooling system. This could be installed in about three years.



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Yahoo CEO to return to work

Yahoo Inc. Chief Executive Marissa Mayer, three months into a nascent effort to revamp the struggling Web company, could be back in the office in one week, following the birth of her first child on Sunday.

The 37-year-old Mayer will work from home and contin-



ues to lead the company and "is involved in all critical decisions making," a Yahoo spokesman said yesterday.

Mayer has yet to brief investors on her plan for Yahoo, but she provided some general details to the company's staff in meetings with employees last week.

REUTERS

Youngest Guantanamo prisoner now misses being there: Lawyer

Guantanamo detainee Omar Khadr, who was transferred to a prison in his Canadian homeland over the weekend, is having a difficult time adapting to his new circumstances, one of the inmate's lawyers said yesterday.

Khadr, the youngest prisoner and last Westerner held in the U.S. military prison on Cuban soil, returned to Canada on Saturday to finish his sentence. He had spent almost 10 years in Guantanamo.

Khadr, 26, is now in Millhaven top security jail in the central Canadian province of Ontario waiting for authorities to decide how best to handle his case. He will be eligible for parole in mid-2013.

"It's a very, very difficult [transition] right now. It's a



JANET HAMLIN/AFP/GETTY IMAGES

► As part of deal with prosecutors, Khadr pleaded guilty in 2010 and was sentenced to eight years in prison.

15

Khadr was 15 years old when captured in Afghanistan and later confessed to killing a U.S. soldier and conspiring with al-Qaeda.

horrible place, Guantanamo is, but it's a place where he had built a life for himself, it was what he was familiar with, it was what he knew," Khadr lawyer John Norris told the Canadian Broadcasting Corp.

Canada's Conservative government says it fears he has become radicalized. **REUTERS**

News in brief

Amex refunds \$85M credit fees

WASHINGTON. American Express will refund \$85 million to customers to resolve charges that three subsidiaries broke consumer protection laws across the credit card business, U.S. regulators said yesterday.

REUTERS

Google surpasses Microsoft in company value

NEW YORK. Google has surpassed Microsoft to become the world's second-largest technology company as computing over the Internet reduces demand for software installed on desktop machines.

Google rose 0.7 percent to \$759.98 at 11:13 a.m. yesterday in New York, for a market capitalization of about \$249.2 billion. **BLOOMBERG**

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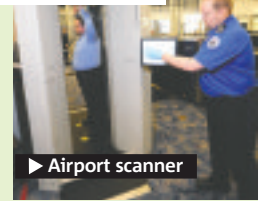


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In the news



► Airport scanner

Court rejects appeal on airport scanners

WASHINGTON. The U.S. Supreme Court yesterday refused to consider a Michigan blogger's challenge of the use of full-body scanners and thorough pat-downs at airport checkpoints.

Without comment, the court declined to take up Jonathan Corbett's complaint that the Transportation Security Administration's use of the screening techniques violated passengers' protection against illegal searches under the Fourth Amendment of the U.S. Constitution. **REUTERS**

Court in new term will weigh issues, from LGBT to race laws

The U.S. Supreme Court will confront social issues that have divided the nation in a new term that may produce its first ruling on gay marriage and a rollback of protections for racial minorities.

The justices took the bench yesterday for the first time since June 28, when they upheld President Barack Obama's sweeping health care law. That 5-4 ruling, with Chief Justice John Roberts joining the four Democratic-appointed justices in the majority, proved so contentious that it led to rare leaks about the court's internal deliberations.

The health care debate now gives way to battles over civil rights, with cases that offer Roberts a chance to reclaim his conservative mantle. The court will consider university affirmative action and almost certainly will take on at least one gay-marriage case; it may also

Racial preferences

► The affirmative action case, to be argued Oct. 10, gives the court's Republican-appointed majority a chance to cut back racial preferences. Abigail Fisher, a white woman rejected by the University of Texas, says the school violated her constitutional rights by considering race as an admissions factor to boost black and Hispanic enrollment.

determine the fate of the landmark Voting Rights Act. The justices were hearing arguments yesterday on whether corporations can be held liable for human-rights abuses abroad.

As momentous as the last



GETTY IMAGES

► Six states and the District of Columbia now recognize same-sex marriage, and voters in three other states will decide in November whether to legalize the practice.

session was, "the 2012-13 term may just rival it in high-stakes cases," said Caroline Fredrickson, president of the American Constitution Society, a network of progressive lawyers and law students.

In addition, the court will

consider cases involving drug-sniffing dogs, employment discrimination, class-action lawsuits and government surveillance of international phone calls and Internet communications. The term runs through the end of June. **BLOOMBERG**

At least 14 killed in suicide attack on NATO patrol in Afghanistan

A suicide bomber killed 14 people, including three NATO soldiers and four police, and wounded 37 in Afghanistan's volatile eastern Khost province yesterday, a NATO spokeswoman and local officials said.

A U.S. official in Washington confirmed the three soldiers killed were Americans serving in the NATO-led International Security Assistance Force. Six civilians and an Afghan interpreter also died in the attack.

A witness told Reuters a suicide bomber wearing a police uniform struck as U.S. soldiers patrolled the city of Khost. A NATO spokeswoman confirmed only that the attack was carried out by a suicide bomber. **REUTERS**

Breast Cancer & Lymphedema

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Before the debate

Romney slams Obama over Middle East

Mitt Romney launched a fresh attack on President Barack Obama's Middle East policy yesterday, saying the United States is moving dangerously closer to being pulled into the region's chaos and that puts "our security at risk."

In a Wall Street Journal opinion piece, the U.S. Republican presidential nominee pointed to recent developments in Syria, Libya and Egypt as well as uncertainty over Israel and Iran and called for "a new strategy toward the Middle East," although he offered no new details about his proposed plans. Romney's critique comes amid a new wave of violence in the region and as U.S. officials acknowledged that the storming of a U.S. consulate in Libya was a deliberate attack by militants linked to al Qaeda. **REUTERS**

"When we say an Iranian nuclear weapons capability ... is unacceptable, the ayatollahs must be made to believe us."

ROMNEY

Debates give candidates chance to woo undecided

The first presidential debate, to be held in Denver tomorrow, could help sway "soft voters" who are only halfheartedly committed to either President Obama or Republican presidential nominee Mitt Romney.

"Getting an edge on who has more intensity among their voters is one of the key things the candidates are looking at here," Republican pollster Ed Goetas told The Washington Examiner.

The two presidential contenders enter their first debate with Obama leading Romney by about 4 percentage points nationally, according to a RealClearPolitics averaging of polls.

Most voters have already decided who they'll support. But some voters are less excited about their choice, and those people, Goetas said, can be convinced to change their minds if candidates either wow them in the debates or botch them badly. **SUSAN FERECCHIO, WASHINGTON EXAMINER**

What is a 'soft voter'?

SCOTT OLSON/GETTY IMAGES



► Student Courtney Johnson (R) votes on the campus of the University of Northern Iowa as early voting begins.

- **Not quite decided:** May be only halfheartedly committed to either candidate
- **Thin slice of total voter population:** But add them to the percent of the truly undecided, and the bloc accounts for 3 to 4 percent of voters — enough to change an election

"Certainly [the candidates'] target is ... to see if you can move those soft voters to be more intense." GOETAS

Looking

presidential



If the candidates avoid any game-changing moments during their meeting and instead turn in two adequate but uneventful performances, that could benefit Romney, Goetas said.

"For the challenger to stand there and appear to hold his own and look presidential and be equal with the president onstage, normally the tie goes to the challenger," he said. "That is what I think the Obama campaign is somewhat worried about."

Points of attack

Here are three messages Romney must communicate in the debate if he has any hope of catching Obama in the polls:

- 1 Obama promised jobs and has failed to deliver:** Four years later, there are a net 261,000 fewer jobs in the U.S. than when Obama was sworn in.

8% The jobless rate has been around 8 percent for a record 43 months, and 83,000 fewer Americans have jobs than when Obama was elected. To have kept his promise would have meant that 5 million jobs would be created in his first four years in office.

- 2 Obama promised to cut the deficit in half and has failed to deliver:** In 2009, when the nation's budget deficit was already more than \$1 trillion, he promised to cut the inherited deficit in half. As of last month, the deficit still topped \$1 trillion for the fourth straight year.

- 3 Obama promised to reduce health insurance premiums by \$2,500 and has failed to deliver:** According to the Kaiser Family Foundation, premiums have actually gone up by \$2,730.

\$3.4K

U.S. households are facing an average tax increase of \$3,446 in 2013 if Congress doesn't avert the so-called fiscal cliff, the nonpartisan Tax Policy Center said.

10.5%

The top 1 percent of households face some of the largest tax increases in 2013 and would see their after-tax incomes fall by 10.5 percent if Congress does nothing.

20%

For calendar year 2013, taxes would increase by \$536 billion, or about 20 percent. Tax rates on income, capital gains, dividends and estates would increase.

\$2K

A typical middle-income household earning between about \$40,000 and \$60,000 a year would see a tax increase of about \$2,000. **BLOOMBERG**

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MICHAEL J. FROSCH

POLITICAL CORRESPONDENT FOR METRO



ONLY GOOD REPUBLICANS NEED APPLY

The Republican Party has made it a top priority to disenfranchise American citizens, with the help of several newly enacted voter ID laws that have a disproportionate effect on citizens who vote for Democrats. There is, of course, no evidence of voter impersonation fraud in any of these states, a fact that has been particularly embarrassing for the Republicans caught red-handed depriving American citizens of their fundamental rights.

Last week, however, prosecutors began investigating a source of actual voter fraud — the Republican Party. This year alone, the Republican Party has spent more than \$3 million on swing-state voter registration drives organized by the company Strategic Allied Consulting, which is now under investigation after elections officials in Florida discovered hundreds of forged voter registration documents including fraudulent address changes that would have prevented voters from being able to cast their ballot this November.

This isn't the first time Strategic Allied Consulting was caught tampering with voter registrations while working for the Republican Party. In 2004, the Justice Department began investigating the company after

Quoted

This isn't the first time Strategic Allied Consulting was caught tampering with voter registrations while working for the Republican Party.

employees reported that they were told to register only Republicans, and watched as supervisors destroyed voter registrations filled out by Democrats. The company was also accused of lying to voters about the meaning of ballot initiatives.

Back then the company was called Sproul & Associates. Asked why he changed the company's name to Strategic Allied Consulting and removed his own name from the corporate documentation, Nathan Sproul, the firm's owner and operator, explained that he did so at the Republican National Committee's request, so they could distance themselves from his company's allegations of voter fraud in 2004.

So the Republican Party has knowingly paid millions to a company under investigation for interstate, systematic voter fraud, asking it to operate under an alias so the party could feign ignorance and avoid responsibility — all the while disenfranchising voters under the guise of preventing voter fraud! How can anyone support a party so willing to cheat American citizens out of their right to vote in order to win?

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

► The Ikea group will "revise their procedures" to avoid similar situations in the future.

A group of rescue workers in orange and yellow uniforms are carrying a victim on a stretcher. The scene is outdoors, likely near a body of water, with a blue structure visible in the background. The workers are wearing helmets and reflective gear. One worker in the foreground has 'AMBULANCE' written on their back. The victim is lying on the stretcher, which is being held by several workers. The overall atmosphere is one of a coordinated rescue effort.

► A victim is carried ashore by rescue personnel after a collision between a ferry and another commercial vessel off Hong Kong yesterday.

► A victim is carried ashore by rescue personnel after a collision between a ferry and another commercial vessel off Hong Kong yesterday.

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WHY NOW IS A GOOD TIME TO SELL! The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry.....	Up To.....\$750	Art Deco.....	Up To.....\$13,000
Brooches.....	Up To.....\$15,500	Cuff Links.....	Up To.....\$1,000
Pendants.....	Up To.....\$8,000	Pins.....	Up To.....\$5,500
Necklaces.....	Up To.....\$26,000	Rings.....	Up To.....\$16,000
Cocktails Rings.....	Up To.....\$15,500	Art Nouveau.....	Up To.....\$12,500
Charm Bracelets.....	Up To.....\$5,500	Lavalieres.....	Up To.....\$8,000
Earrings.....	Up To.....\$10,500	Garnets Jewelry.....	Up To.....\$1,000
Bracelets.....	Up To.....\$13,000	Bakelite Rings.....	Up To.....\$750
Cameos.....	Up To.....\$750	Floral Design.....	Up To.....\$10,500
Victorian.....	Up To.....\$10,500		



We Need Your Jewelry Items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

DIAMONDS

Instant Cash For:

1/4 Carats.....	Up To.....	\$375
1/2 Carats.....	Up To.....	\$1,500
1 Carats.....	Up To.....	\$4,250
2 Carats.....	Up To.....	\$15,250
3 Carats.....	Up To.....	\$20,000
4 Carats.....	Up To.....	\$35,000
5 Carats.....	Up To.....	\$43,000
6 Carats.....	Up To.....	\$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

SILVER JEWELRY

We Buy in Any Style & Condition!



Both Men & Women's Silver Jewelry Purchased

- Rings
- Necklaces
- Anklets
- Earrings
- Pendants
- Toe Rings
- Chains
- Bracelets
- Engraved



GOLD

All Types Needed

Instant Cash For:
Pay up to for the following:



Chains & Necklaces.....	Up To.....	\$250
Class Rings.....	Up To.....	\$500
Charm Bracelets.....	Up To.....	\$5,500
Wedding Bands.....	Up To.....	\$250
Mountings.....	Up To.....	\$750
Antique Items.....	Up To.....	\$5,500
Single Flatware Items.....	Up To.....	\$750
Dental Gold Items.....	Up To.....	\$500
Coins & Bullion.....	Bring for quote	
Scrap Gold.....	Bring for quote	

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!



ALL TYPES OF COINS WANTED



We will pay up to for the following rare coins:

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds - Even Thousands!

**Check your items to see if you own any of these valuable coins:*

U.S. Silver Halves - 1870 CC.....	Up To.....	\$3,000
U.S. Silver Quarters - 1901 S Quarters.....	Up To.....	\$2,500
U.S. Silver Dimes - 1885 S.....	Up To.....	\$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse.....	Up To.....	\$4,000
U.S. Two Cent - 1864 Small Motto.....	Up To.....	\$1,000
U.S. Large Cent - 1803 Large Date Small Fraction.....	Up To.....	\$1,250
U.S. Half Cent - 1793.....	Up To.....	\$1,250



SILVER DOLLARS

We pay up to the following for rare dollars:

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds - Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To.....	\$25,000
Gobrecht reeded edge dye alignment.....	Up To.....	\$5,500
1873CC Liberty Sealed.....	Up To.....	\$5,500
1878CC.....	Up To.....	\$15,500
1889CC.....	Up To.....	\$13,000
1928.....	Up To.....	\$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

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Safe & Secure • Onsite Security



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2 DAYS ONLY!

at the **HILTON NEW YORK HOTEL** & the **MARRIOTT BROOKLYN BRIDGE**.
THIS WEDNESDAY, OCTOBER 3rd & THURSDAY, OCTOBER 4th

2 DAYS ONLY!



YOUR ITEM LIST

Take a few moments to check ✓ off the items you may have that we need!



✓ **JEWELRY:**

- Gold Jewelry
- Silver Jewelry
- Diamond Jewelry
- Wristwatches
- Pocketwatches
- Antique Jewelry
- Cameos
- Platinum Jewelry

- Charm Bracelets
- Gold Rings
- Garnet Jewelry
- Enamel Items on Gold & Silver
- Dental Gold

✓ **COINS & PAPER MONEY:**

- Silver Dollars (Pre-1935)
- Silver Coins (Pre-1964)

- Silver Bars
- Gold Bars
- U.S. Gold Coins
- Foreign Gold Coins
- Gold Bullion Coins
- Proof Sets
- Mint Sets
- Paper Money (1860-1934)
- Coin Collections

- Carson City Silver Dollars
- Indianhead Pennies
- Investment Coins
- Certified Coins

✓ **STERLING SILVER:**

- Silver Jewelry
- Flatware Sets
- Single Flatware Items

- Tea Sets
- Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.



STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces	Up To	\$3,500
Claret Jugs	Up To	\$750
Full Flatware Set	Up To	\$8,500
Punch Bowls & Sets	Up To	\$5,000
Single Flatware Items	Up To	\$750
Tea Sets	Up To	\$5,000
Trophies	Up To	\$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.



GOLD COINS

We pay up to the following for rare gold: United States

*\$1.00 1849 to 1889	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
*\$2.50 1796 to 1834	*\$5.00 1834 to 1838	*\$10.00 1839 to 1932
*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1933
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

**Check your items to see if you own any of these valuable coins:*

\$1.00 1849C	Up To	\$10,500
\$2.50 1796 Capped Bust large left side	Up To	\$18,000
\$2.50 1841 Quarter Eagle Liberty Head	Up To	\$5,000
\$3.00 1854D	Up To	\$10,500
\$5.00 1795 Small Eagle	Up To	\$52,000
\$5.00 1838D	Up To	\$10,500
\$5.00 1842C Small Date, 1861D, 1864S	Up To	\$6,500
\$5.00 1909O, 1929	Up To	\$6,500
\$10.00 1793 13 Leaves Below Eagle, 1796 9 Leaves Below Eagle	Up To	\$20,500
\$10.00 1859O, 1863S, 1875	Up To	\$8,000
\$20.00 1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	\$10,500

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Ball.....\$4,000	Gallet.....\$1,250	Seth Thomas.....\$1,500
Breitling.....\$15,000	Hamilton.....\$500	Tiffany & Co.....\$15,000
Cartier.....\$12,500	Illinois.....\$1,500	Ulyssee Nardin.....\$10,000
Corum.....\$3,000	Jules Jurgenson.....\$16,000	Chronograph Watches.....\$16,500
Ditshiem.....\$14,000	LeCourte.....\$6,000	Ladies Watches.....\$11,000
Dudley.....\$11,500	Longines.....\$13,000	
E. Howard & Co.....\$12,000	Movado.....\$2,500	
Elgin.....\$750	Omega.....\$2,500	
Frodsham.....\$12,000	Rolex.....\$16,000	

PLEASE NOTE: We also purchase watches that are NOT in working order.



Breitling
Up To \$15,000



Rolex - All Kinds
Up To \$16,000



Tiffany & Co.
Up To \$15,000



Cartier
Up To \$12,500



Longines
Up To \$13,000

WANTED ALL SILVER COINS

1964 or Prior



Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— J. Grace

It was really fast!
— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— J. Simek

My service was exceptional!
— C. Sweeney

Very informative & professional. A relaxed atmosphere & experience.
— D. Rees

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.
— D. Smith

I was offered a certain amount at one place and when I told RCFG the

amount they beat the price by a good amount. People are very friendly and courteous.
— J. Bloomquist

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would recommend RCFG!
— C. Lang

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breast cancer awareness

A candid look at dating ... with breast cancer

► At the age of 29, Pam Cromwell was diagnosed with breast cancer
 ► But it doesn't define her ► Or stop her from finding her Mr. Right

Pam Cromwell's life changed forever when, at 29, her doctor told her that the recently found lump in her breast was indeed cancer.

Her diagnosis came with a six-month life expectancy.

Six years later, Cromwell stands tall. Her job as a business analyst is thriving, she kickboxes, aspires to travel and loves spending time with her boyfriend.

She also has metastatic breast cancer.

"Cancer does not define me," said Cromwell, 35, who lives in Phillipsburg, New Jersey. "It's just a part of who I am."

The self-described "new face of cancer," Cromwell is redefining what it means to be a young person living with a potentially terminal diagnosis. In fact, she's out to eliminate the notion that cancer patients can't have a full life.

Cromwell embraced this point wholeheartedly when it came to her dating life. At one time, she was navigating through a mastectomy,

Quoted

"Cancer does not define me. It's just a part of who I am."

PAM CROMWELL

chemotherapy, radiation and the dating scene.

Cromwell was met with a mix of reactions from potential suitors, many of whom shied away after learning her diagnosis early on. That all changed in June when she started dating James Boykin. This time, she chose to wait until the third date to share her diagnosis.

"We'd gone out a few times and I'd already seen what a cool, healthy, fun person she was. She seemed totally normal to me," said Boykin, 34, adding that their relationship is no different than anyone else's. "It's not the end of the world for her. It's just a condition we live with," he said. "When I look at Pam, I don't see breast cancer."

MARIANNE HAYES
 letters@metro.us

How to date with cancer

Dating is hard enough. Here are Pam's tips for navigating the dating scene with breast cancer:

- **Take it slow:** Get to know the person without rushing the relationship.
- **Know what you want:** Don't let your diagnosis lower your expectations.
- **Communicate:** Try to be as open and honest as you can.
- **Don't over analyze:** If a relationship doesn't work out, don't fixate over why. Instead, try to learn from it.
- **Be confident and patient:** Have faith that the right person will come along when the timing is right.

► After a breast cancer diagnosis, she was given just six months to live. That was six years ago.

By the numbers

The Avon Walk

The Avon Walk is about more than just raising awareness. A key priority is raising funds for the medically underserved and low-income individuals. And every dollar counts.

\$150

Could help an uninsured woman receive a mammogram

\$35

Could cover the cost of home-delivered meals for a patient undergoing chemo or radiation therapy

\$250

Could go toward the cost of X-rays and necessary lab work to determine a course of treatment

\$1,000

Could make all the difference for an uninsured woman who needs a breast biopsy or MRI

\$1,800

Could dramatically lessen the cost of a lumpectomy or other necessary surgery

Do your part



Avon Walk for Breast Cancer's next stop? New York City

The Avon Walk for Breast Cancer returns to New York this month with a two-day event that's anything but your typical charity walk. Meant to energize and inspire individuals affected by breast cancer, the Avon Walk is

centered on two days of walking with an overnight camping event in between.

The first leg of the walk is a marathon's distance — 26.2 miles — which wraps up at the Wellness Village campsite set up at Randall's Island. Here, participants will be met with hot meals, showers, fun and games, and tents for sleeping.

"Camping overnight isn't required, but we really encourage it," said the event's program director Eloise Caggiano, who's also a seven-year breast cancer survivor.

"I can tell you firsthand how staying overnight can be such a moving, powerful experience. It allows your path to cross with others who are going through similar circumstances and really



80%

80 percent of net funds raised by the Avon Walk will stay within the city. Donation recipients will include the NYU Cancer Institute, as well as several local hospitals and nonprofit organizations.

connects you to the cause," added Caggiano, who has felt inspired and uplifted after meeting 20-year survivors at Wellness Village.

The event's second day covers 13.1 miles and wraps up with a closing ceremony at Pier 84, where donations are presented to a variety of New York City organizations.

About 80 percent of net funds raised by the Avon Walk will stay within the city. Donation recipients will include NYU Cancer Institute, as well as several local hospitals and nonprofit organizations.

Since 2003, the Avon Walk has helped generate more than \$440 million for breast cancer programs. For more information visit www.avonwalk.org.

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back to awareness, education and research in the
fight against breast cancer. And we think that's
pretty powerful.

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October, Breast Cancer Awareness Month. For more information
about BCRF, visit www.bcrfcure.org



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breast cancer awareness

POURING IT OUT FOR A GOOD CAUSE

► Bartender donates tips for cancer patients ► Wanted to make a personal sacrifice ► Gives up a month's tips and shaves her head

Four people lost to cancer made Michelle Milton incredibly angry. So the Harlem bartender, who works at Neely's Barbecue Parlor on the Upper East Side, decided to do what she could to stop the disease.

"I didn't want to just walk," she said. "I wanted to do some kind of sacrifice. That's where I came up with the idea that for 30 days, I can sacrifice my salary."

She donates all of her tips — the bulk of her income — to a charity for the month of October in honor of National Breast Cancer Awareness Month. This year, her fourth year doing so, it will go to Chemo Comfort, a group that makes kits for chemo patients to help manage nausea, hair loss and other side effects.

She decided to do it after her mentor died.

"I was just devastated," she said. "You never ever saw this woman not smiling, and to

Quoted

"They make sacrifices for the rest of their lives. What's 30 days? That's nothing."

MICHELLE MILTON

\$4K

Milton's fundraising goal

know that someone like that was taken away by this disease that we absolutely can't control, it kind of sent me over the edge, and I was angry."

Customers chip in with extra tips after seeing signs about her planned donation in the bar.

"I've actually had cus-



► Paying it forward: Bartender Michelle Milton's landlord gave her a break on rent for the month of October, since she's donating all her tips to Chemo Comfort.

tomers from last year coming in, asking if I'm going to do it again this year," she says. "The men are the ones who come forward with stories, because they've had someone affected in their lives."

And her landlord, knowing

about her tips going elsewhere, doesn't charge Milton, 43, rent for the month. "She told me, I almost fainted," Milton said.

This year, her goal is to collect \$4,000.

And at the end of the

month, she will shave her head in solidarity with chemo patients.

The first year she did it, she cried.

"I had no idea how I was going to look, or what people were going to think," she said.

"I started thinking about when patients go through chemotherapy, people always look at your hair first, so I was like, that's how they feel."



ALISON BOWEN
alison.bowen@metro.us

Creative Cups provides artistic outlet for coping with cancer

You don't have to be an artist or breast cancer survivor to participate in Creative Cups, an art exhibition that raises funds to fight breast cancer.

After all, according to co-founder Dale Flashner, all that's necessary is a desire to make a difference.

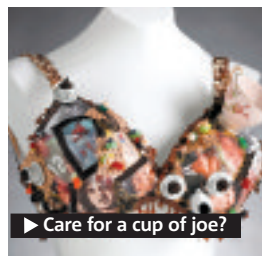
"This is really a celebration of creativity," said Flashner, whose inspiration for the project began after watching two dear friends each battle breast cancer.

As the director of the graphic design program at Adelphi University on Long Island, Flashner was eager to be a part of something that

Hardly your everyday bra

Creative Cups asks participants to think outside the box. Check out some of the most imaginative submissions that stood out from the pack.

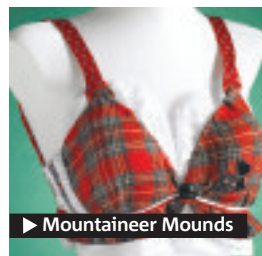
► **"Cup of Joe":** Paying homage to famous Joes (from DiMaggio to Biden), this bra is a tribute to the artist's husband, also named Joe. A loving supporter throughout his wife's battle with breast cancer, his picture is placed over where her heart would be if she were wearing



► Care for a cup of joe?

the bra.

► **"Mountaineer Mounds":** This artist used various pieces of her father's clothing to honor the women in his family who battled breast cancer.



► Mountaineer Mounds

The deadline for Creative Cups submissions is Oct. 15. The live auction will be held March 14, 2013. For more information, visit www.adelphi.edu/creative-cups.

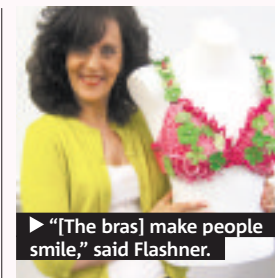
could directly help women with breast cancer.

And so Creative Cups was born. Now in its third year, participants in the project are invited to turn regular bras into unique words of art in homage to the fight against breast cancer.

Part art exhibit, part fundraising event, the project hosts a live auction each spring to start the bidding on each one-of-a-kind submission.

Proceeds raised benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Additionally, each Creative



► "[The bras] make people smile," said Flashner.

Cups submission is professionally photographed for a coffee table book, which features each bra along with its artist's name and inspiration for the design.

► **MARIANNE HAYES**

breast cancer awareness

Is your daily routine leading to breast cancer?

Green-living advocate Sara Snow recently joined health guru Deepak Chopra, CEO Jeanne Rizzo (of Breast Cancer Fund) and CEO John Replogle (of natural household product company Seventh Generation) to discuss carcinogens — cancer-causing elements — added to cleaning, laundry, personal care and baby care products. Scientists have identified links between ingredients in many of the products we use every day and breast cancer; being exposed to such ingredients has been thought to increase our risk for catching the disease.

The panel conversed about

a proposed USDA Certified Biobased label to identify products that don't use harmful chemicals, similar to the way that organic food is labeled.

"Fifty percent of Americans are unaware these products contain petroleum-based ingredients," Replogle said. "[They] want to protect their well-being but are highly confused. Consumers need to be regulators and make demands on legislature about ingredient disclosure."

Women, who naturally have more fat cells than men, are at particular risk because toxins are largely fat-soluble and are stored in body fat. Rizzo



► From left: Sara Snow, Deepak Chopra, Jeanne Rizzo and John Replogle speak about the toxins found in your everyday life and their ties to cancer.

Prevent vs. cure

Chopra advocated preventive lifestyle choices to remove toxins from our daily lives — and therefore our environment:

► "The insanity of it is that we spend so much money on cur-

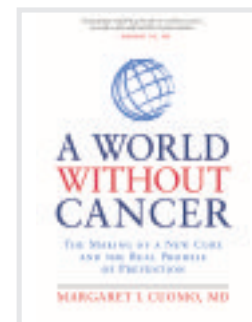
ing illnesses that in all probability — I would say 100 percent probability — we are responsible for."

"Two-thirds is not enough," he said, referring to a recent study that found two thirds of American adults expressed concern about household chemicals. "It should be 100 percent."

more chemicals you're holding in your body. It's a very vicious cycle. We need to shift the research to prevention. A paradigm shift is critical."

 **LINDA CLARKE**
letters@metro.us

Expert interview



Inside the cancer industry

Dr. Margaret I. Cuomo's book title makes a bold claim. But is "A World Without Cancer" really possible?

"It's not only possible, it's necessary," she says.

One school of thought about the disease is that it has always existed. Another is that it's the result of the postindus-

trial revolution age.

"We really don't know if cancer's always existed," she says. "There was no documentation back then. What we do know is that the industrial age brought a host of toxins that didn't exist before."

Rather than fight cancer, Dr. Cuomo advocates a personal and societal policy of avoiding it. But with legislation favoring cures over prevention, and pharmaceutical companies calling the shots, she argues that cancer has become an industry itself.

"Only five percent of every dollar spent on health care goes to prevention. The billions spent on treatments that prolong life for weeks or months, or even result in other illnesses — we can't afford that route."

Prevention means stopping toxins entering our environment and therefore our bodies.

"Industry needs to step up, government needs to step up and people need to make the right choices," she says. "Lessen your toxic load."

● METRO/LC

The Most Important Report You Will Read This Year:

AACR Cancer Progress Report 2012

Making Research Count for Patients: A New Day

The AACR Cancer Progress Report 2012 chronicles the many ways that we have made research count for cancer patients.

Advances in cancer research and biomedical science bring a sense of hope to all who face cancer or who love someone facing cancer, as poignantly illustrated by the personal stories of: **Monica Barlow, Kathryn Becker, Congressman M. Robert Carr, S. Ward "Trip" Casscells, M.D., Shaundra L. Hall, Donna Johnson, Evan Lindberg, Brooke Mulford, Melanie A. Nix, Lori Redmer, Antoni Smith, and Jill Ward.**

To read these and other cancer survivors' stories and receive a FREE copy of the report, go online to www.aacr.org/report.

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For news alerts and opportunities to join scientists, patients, survivors, and concerned citizens in calling on Congress to provide critical funding increases for the lifesaving cancer and biomedical research, go to <http://capwiz.com/aacr>.

The American Association for Cancer Research (AACR) is the world's oldest and largest scientific organization focused on every aspect of high-quality, innovative cancer research. Through its programs and services the AACR fosters the exchange of knowledge and new ideas among scientists dedicated to cancer research, and provides increased public awareness about cancer research.



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breast cancer awareness

Giuliana Rancic: 'I'm stronger than I thought I was'

► The breast cancer survivor and new mom tells us the toughest part of her health battle, plus the two men who helped her through it

Giuliana Rancic greeted us with her megawatt smile and a warm hello when we sat down to chat at the Hotel Gansevoort. Her elation was palpable. Less than one month earlier, she and husband Bill Rancic welcomed their little boy Edward Duke, delivered via surrogate. In fact, the E! News anchor credits her baby for helping to save her life.

Last year, during IVF treatment, a mammogram revealed a tumor. She was just 36. But it was caught early enough to be treatable. As this year's spokesperson for P&G's "Do It For the Girls!" Day of Action, Rancic hosted a Twitter party, #GIVEHope, to inspire women nationwide to conduct breast self-exams and take the first steps toward implementing an early detection plan. She talked to us candidly about her treatment, her travails and the joys of being a new mother.

You've said early detection saved your life. How so?

Q&A

What was the hardest part about all these pieces — the diagnosis, the treatment?

There are so many hard parts. But the one that sticks out the most is probably just finding out. I mean, when a doctor walks into a room and says you have breast cancer, those are the words you never want to hear. Cancer is just such a scary word. I think that initial shock and sadness is overwhelming.

Giuliana says:

"[At] your annual checkup, say to your doctor: 'This is my age, family history — what do I need to be doing? When do I need the mammogram? How I should I be doing a self-exam?' Have a plan so you can catch the breast cancer early. Early detection is everything."

That's exactly what saved my life — finding the breast cancer early. I was 36, had no family history and I found it early in a mammogram. I remember hearing I had breast cancer. I thought it was a death sentence. Then, it wasn't until the doctor said, "Since we found it early, you have a 98 percent survival rate," I went, "What? 58?" He's like, "98." I'm like, "Wow. That's good. I'm going to survive." ... As women we're so busy taking care of everyone else. ... We don't go to the doctor as much as we should. We just try to manage everything ourselves. But if you let it go, if you don't get checked and you find that you have an advanced stage of breast cancer, people are going to have to take care of you.

What did going through cancer teach you?

I'm stronger than I thought I was. But I think true strength comes when you have no other alternative but to be strong. Now I know I can tackle a lot of things that I never thought I could tackle before. ... The other

thing [I learned] too is just how loving people are — not even just family and friends, but all around the world.

What kind of support did your family, your friends and your husband, Bill, give you?

Tremendous. The role of the friend and the husband is so important. I'd probably still be under the covers crying if it [weren't] for Bill. I think the best thing he did was allow me to cry and be angry. But eventually, he had to pull the sheets up and say, "Now let's figure out our plan." Once we had a plan I felt better. Under the covers I had no plan and everything was really scary.

How has being a new mom helped you through this?

Being a new mom is a dream come true. It's everything I thought and a lot more. It was after such a tough year. I always knew there would be a light at the end of the tunnel, but I didn't realize it was going to be so bright.

JERYL BRUNNER
letters@metro.us



Giuliana Rancic launched the "Do It For the Girls!" Day of Action in New York City on Sept. 20. If you change your Facebook profile picture through a custom photo app found at Facebook.com/pgmygive, P&G will donate \$1 to the National Breast Cancer Foundation, up to \$25,000.

Interview

National Breast Cancer Foundation founder on taking control of your health

Janelle Hail was diagnosed with breast cancer when she was just 34. It was 1980 and there was no Internet and no simple way to get answers. So 11 years later, she founded the National Breast Cancer Foundation to help educate women about early detection and raise funds to offer free mammograms. Five years ago, P&G came on board to to support the NBCF's programs.

Why is early detection key?



► If you're not insured, Janelle Hail (pictured) says you can visit www.nationalbreastcancer.org/national-mammography-program to find out where free mammograms are offered in your area.

Early detection saved my life. When I was 34, I found my own lump and discovered that I had breast cancer as a process of going to the doctor a couple of weeks later. That was back at a time when nobody talked about breast cancer. There were no public announcements about

Breast Cancer Awareness Month. The Internet was not around. There was nothing, even in the doctor's office. I was having to make a life-changing decision about my treatment based on just my instinct. As I founded the foundation, I knew that it was absolutely vital for

women to have information. **How can a woman take control of her breast health?**

I think it's very important that she set herself up on a schedule for a monthly self-exam. Just put it on your calendar — and regularly schedule doctor visits. Then, that leads to the mammograms. It's so vital for a woman to be very observant about her breasts and any changes because even if she's very young and thinking, "I'm not old enough to get breast cancer yet," you recognize those changes and anything that's different — like a dimpling of the skin, or any unusual change in size or redness, or discharge from the nipple. Anything that is different, don't try to diagnose yourself — get to the doctor. **How do you know if you're doing a self-exam correctly?**

Quoted

"Anything that is different, don't try to diagnose yourself — get to the doctor."

HAIL

We have that information on our website, but also ... have a systematic way, like in a circular pattern using your index finger and [your middle] finger. You're just going into a circular pattern starting at the nipple and going around. Remember also under the arm — sometimes lumps can come up there too. There's another pattern that you can do, in rows. Start up high and go in rows down, kind of like you're planting corn.

How do you know if you've

found something?

Women do have lumpy breasts. Most of the time they are not malignant tumors. But that's where you need to know your body. ... This is why you work in connection with your doctor and your self-exams and mammograms. With those three things, you're going to have a good system of early detection.

What are some of the new developments you've found in the fight against breast cancer?

The most exciting thing to me is the digital mammography. ... Personalized medicine is [also] amazing right now. ... Instead of just shooting chemotherapy and hoping that something works, everything is being personalized so they know the kind of treatment that will be effective.

● METRO/JB



breast cancer awareness

Diagnosis and treatment

New blood test gives early results

Study subjects: 32 people in different stages of breast cancer
Location of study: U.S.

Results: Researchers at Kansas State University developed a straightforward blood test that within one hour can identify human cancers — including breast and lung — even before symptoms are present. The test is being tested for other cancers, too.
Significance: Early detection means improved chances of preventing cancer from spreading, or becoming fatal, and makes treatment less invasive.

Tumor profiling provides more effective treatment

Study subjects: 825 breast cancer patients
Location of study: U.S.
Results: Researchers at the Washington University School of Medicine completed a major analysis of the genetics of breast



► A new blood test can diagnose cancer in less than one hour.

cancer and found four major categories of the disease. Among their findings is the possibility that drugs already found to work against ovarian cancer could be effective against one type of breast cancer they identified.
Significance: The new school of thought concentrates on types

of tumors rather than the area of the body where cancer develops. Pinpointing a type of cancer's genetic makeup helps to provide a more effective treatment.

Male breast cancer study offers clues

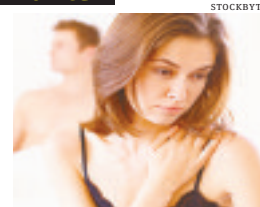
Study subjects: 823 male breast cancer patients
Location of study: U.K.
Results: London's Institute of Cancer Research conducted the world's largest study of male breast cancer and isolated one particular gene as a risk factor in half the cases. Mutations in the RAD51B gene, which aids DNA repair, can increase a man's

breast cancer risk by as much as 50 percent. RAD51B mutations are thought to increase the risk of female breast cancer, too.
Significance: Male breast cancer is rare, but studying both male and female breast cancer increases knowledge of the disease as a whole. The findings could lead to new treatments for men battling the disease.

Ultrasound device approved

Study subjects: Clinical study
Location of study: U.S.
Results: The FDA has approved an ultrasound device that can detect tumors in dense breast tissue. The higher amount of connective and glandular tissue in dense breasts makes tumors more difficult to detect by standard mammogram. The sono-v Automated Breast Ultrasound System scans more accurately and produces several images in about one minute.
Significance: Forty percent of women have dense breasts, leaving them at a higher risk for mammogram reading errors. The device is not useful for women who have had procedures like biopsies or breast surgery. ● LINDA CLARKE

Advice



Finding your way back to intimacy after cancer

Women tend to be critical of their bodies at the best of times. After breast cancer treatment, which is among the worst of times, regaining intimacy seems daunting.
"Women undergo many changes after breast cancer treatment," says Dr. Melanie

Davis, co-president of the Sexuality and Aging Consortium at Widener University. "There's a big change in body image, especially if surgery is involved. ... So much breast tissue is removed, and if the nipple is removed many aspects of sexual pleasure have changed."

Even without surgery, cancer treatment can cause issues such as vaginal dryness, which makes penetrative sex painful. The best remedy is a playful attitude. Intimacy goes beyond penetration and can include oral sex, sex toys and team masturbation — all in a pressure-free environment.
"When sex is defined as a penis in a vagina until there's a climax, it's too goal-oriented. The goal is pleasure."

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breast cancer awareness

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▶ October means an annual array of pink products for breast cancer charities ▶ Where your spending counts

1 \$1 from the sale of every **Gaiam pink-ribbon yoga mat** designed by Colleen Saidman (the wife of yoga guru Rodney Yee) will go to the Breast Cancer Research Foundation. **\$22, www.shopgaiam.com**

2 **Bialetti's Aeternum**, already huge in Italy, is available state-side in pink to support the National Breast Cancer Foundation. Ten percent will go to the foundation. **\$50, Bed, Bath and Beyond**

3 All proceeds from this sterling silver necklace by Jennifer Meyer (Tobey Maguire's wife) benefit Stand up to Cancer. **\$250, www.standup2cancer.org/shop**

4 Fifty percent of proceeds from **Rebecca Taylor's bright pink blouse** will be donated to the Triple Negative Breast Cancer Foundation, which raises funds and awareness for this type of breast cancer that often strikes young women and African-Americans. **\$225, www.rebecca-taylor.com**



5 The **Sonia Kashuk Proudly Pink 5-Piece Purse Set** is available year-round, and 15 percent of the purchase price goes to the Breast Cancer Research Fund. **\$15, www.target.com**

6 Bid on this **David Rockwell** chair and 80 percent of the total money raised will benefit the Breast Cancer Research Fund. The auction closes Oct. 31. **www.charitybuzz.com**

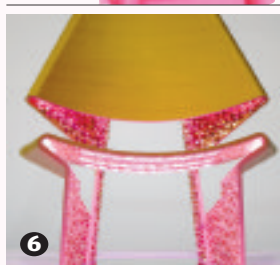
7 All proceeds from **OnGossamer's** soft and cozy **Cabana Cotton Target** collection will go to Fashion Targets Breast Cancer. **\$16-\$32, www.ongossamer.com**



Send your favorite patient flowers from **OrganicBouquet.com** — 15 percent of the price of select florals and gifts go to breast cancer charities, including **BreastCancer.org** and **Dr. Susan Love Research Foundation**.



Coastal.com will donate \$25 to the Linda Creed Breast Cancer Foundation for each purchase of its Pink Frame collection. \$98 (single vision lens included), **www.coastal.com**



Run for it

1 **New Balance** is donating 5 percent of the suggested retail price of its Lace up for the Cure 860's v2 sneakers (available year-round), with a minimum donation of \$500,000, to Susan G. Komen Race for the Cure. **\$110, www.newbalance.com**

2 Snag these kicks from **Etnies** and 5 percent of the proceeds will go to the Keep a Breast Foundation, which is focused on raising awareness in young people. **\$75, www.etnies.com**

3 **ASICS** has partnered with Christina Applegate's Right Action for Women fund for women at an increased risk of breast cancer. \$2 from each pair of GT-1000 PR Running Shoes will be donated, up to \$100,000. **\$100, www.asicsamerica.com**



Do your homework

"Being proactive is better than just giving to the first person outside of the big-box store," says Lindsay Nichols, communications director for Guidestar.com, another charity evaluator. Guidestar offers the following five-step plan for giving:

▶ **Clarify your values and preferences.** Consider the type of

charity with which you'd have the best connection. ▶ **Focus on the mission.** Dig into the organization's Guidestar profile, visit the nonprofit's website, or look into recent press articles and media mentions of the organization to learn more about its mission and programs. ▶ **Verify a charity's legitimacy.** On Guidestar, you can find out if a nonprofit is a legitimate tax-exempt organization. If the charity is not on Guidestar, ask to see its letter

of determination. If it's faith-based, ask to see its official listing in a directory for its denomination. ▶ **Get the facts.** A reputable organization will define its mission and programs clearly; have measurable goals; describe its achievements; discuss its programs and finances; not use pressure tactics; be willing to get you more information; and take "no" for an answer. ▶ **Trust your instincts.** If you still have doubts about a charity, don't contribute to it.

Advice

Donate smart

If you want to make a donation to a breast cancer charity, follow these tips from Sandra Miniutti, vice president of marketing and CFO at Charity Navigator, which evaluates nonprofits:

Know what the charity really does. "I think there's a general misunderstanding among donors. They think that Charity X



does research when maybe all it really does is awareness, or maybe it funds mammograms for women that can't afford it. You really need to dig down into the charity's programs and services and make sure that that's

something you want to support." **Check its finances.** "That's something we do at Charity Navigator, and if it's not a charity we rate, we offer lots of tools to help donors do that themselves. You want to make sure the bulk of the charity's spending is going into programs and services." **Look for accountability and transparency.** "Does it have an independent board of directors to provide proper oversight? Does it post information on its website about its finances? Even at a very basic level, does it answer your questions if you give them a call?" **METRO/ME**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Christina Aguilera: I'm through being skinny

The Word has been waiting for **Christina Aguilera** to lose weight and then get paid a mint to appear in an Us Weekly cover story to talk about how she shed the pounds — aka Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, "The Voice" mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album 'Stripped,' I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain. "[They claimed] people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she ex-



Aguilera is keeping her badonkadonk.



Ross

plains. "I was young, so I lost the weight quickly and was toothpick thin during 'Back to Basics' promos and touring."

But for her latest record, she'd had enough: "I told them during this 'Lotus' recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of **Rick Ross** at this weekend's BET awards [above]. He, too, seems to embrace his weight. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his decision not to diet in relation to his music, is he?

Seth MacFarlane to host 2013 Oscars

The Academy of Motion Picture Arts & Sciences tapped "Family Guy"

creator **Seth MacFarlane** to host the 85th Oscar telecast in February.

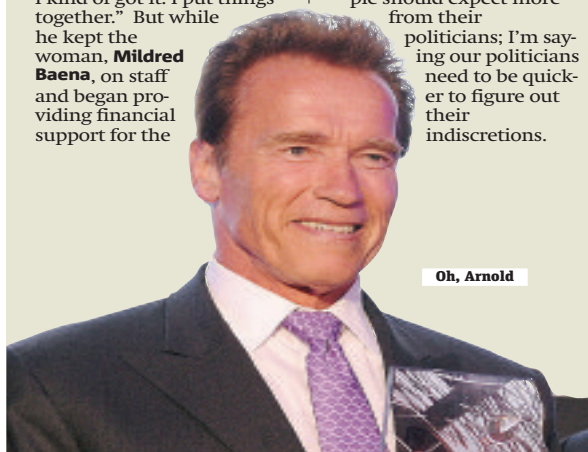
That's a very good choice. Not only can he do all of those voices, but MacFarlane is also a great song-and-dance man. He's like the frat boy version of **Hugh Jackman**.

Arnold admits to affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with "60 Minutes" to promote his new memoir, "Total Recall." "That's when I kind of got it. I put things together." But while he kept the woman, **Mildred Baena**, on staff and began providing financial support for the

boy, he was in no hurry to tell wife **Maria Shriver** or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

It took him years to figure out that he fathered a child with his housekeeper? A little slow on the uptake, Arnold. I'm not saying people should expect more from their politicians; I'm saying our politicians need to be quicker to figure out their indiscretions.



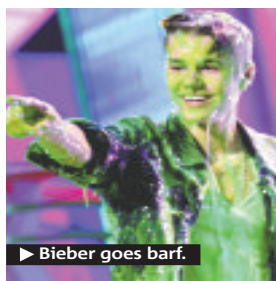
Oh, Arnold

Talking points

Swift just loves love, OK?

In what is probably not the most shocking news of the year, **Taylor Swift** admits she can fall in love easily. The 22-year-old singer-songwriter tells Marie Claire magazine

that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was, thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there: in love again." As for her penchant for writing explicitly about



Bieber goes barf.

ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

Bieber: The tale behind the vomit

Justin Bieber's latest tour got off to a rocky start over the

weekend when he hunched over and vomited during one of his songs, according to video obtained by TMZ. The singer hurried offstage but soon returned to finish the set. "It's hard for me, you know, not feeling great and throwing up in front of a bunch of people," he told the crowd. He later made light of the incident on Twitter, posting, "Milk was a bad choice."



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lindsay Lohan is having communications issues, David Spade might have a problem, Diablo Cody has some pop culture blind spots and Seth MacFarlane is not having a good time at the theater.

@lindsaylohan My iPhone broke and I need to get the new iPhone5, but they are sold out everywhere!!!

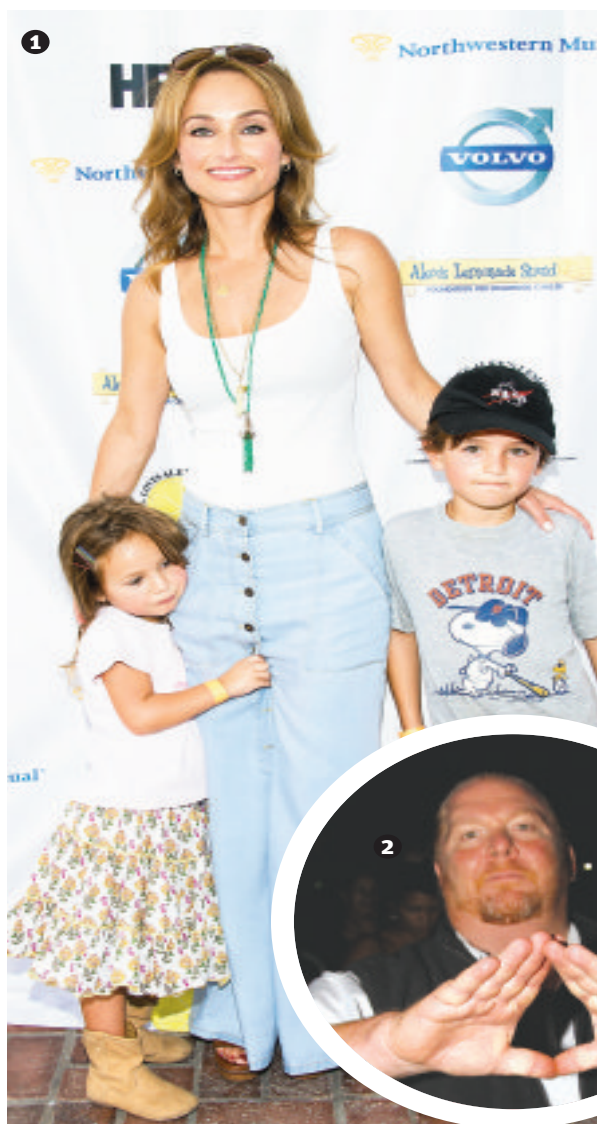
@DavidSpade its shocking how many times i go on web md for 'pill identifier'...

@diablocody My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."

@SethMacFarlane Hey guy in the audience laughing out loud at the jokes in a Shakespeare play— you make the world a worse place.



Diablo Cody



What your favorite chefs did over the weekend — and no, it wasn't cooking

1 Giada De Laurentiis, her daughter Jade Thompson and her nephew Julian Vaguely attended the L.A. Loves Alex's Lemonade Culinary Event on Saturday in Culver City, Calif.

2 Restaurateur Mario Batali attended "Jay-Z In Concert" at Barclays Center on Friday night in Brooklyn.

3 The always-lovely Nigella Lawson was seen at BBC Radio

2 on Monday in London.

4 Las Vegas chef Saul Ortiz-Cruz attended the Epicurean Charitable Foundation of Las Vegas' annual scholarship fundraiser, M.E.N.U.S. (Mentoring & Educating Nevada's Upcoming Students), at The M Resort Spa & Casino's upscale Villaggio Del Sole Pool and Entertainment Piazza.

5 "Rock 'n' roll" chef Kerry Simon also attended the M.E.N.U.S. event.

6 "Iron Chef" Cat Cora attended the 2012 Environmental Media Awards at Warner Bros. Studios on Saturday in Burbank, Calif.

1. AMANDA EDWARDS/WIREIMAGE
2. JOHNNY NUNEZ/WIREIMAGE
3. NEIL MOCKFORD/FILMMAGIC
4. DAVID BECKER/WIREIMAGE
5. JASON LAVERIS/FILMMAGIC



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mybooks

Fall into these pages

► Forget beach reads — autumn is the perfect time to crawl under a blanket with a good book ► From memoir to fiction, here are some of the standouts

'Dwarf: A Memoir'

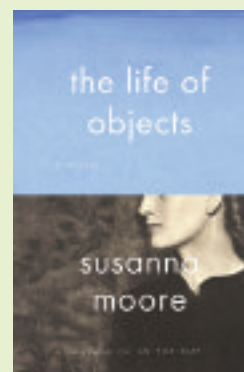
By Tiffanie DiDonato
Nov. 27

Many memoirs can feel voyeuristic at times, but not Tiffanie DiDonato's. "Dwarf" is her tale about growing up with a rare disorder known as diastrophic dysplasia and the surgeries she had to undergo to lengthen her limbs. DiDonato fought with courage and aplomb for the inches she gained — and the life she got because of it. It's not just a medical drama though; there is a sweet love story that flows under the disorder that anyone will be able to relate to.



'Born this Way: Real Stories of Growing Up Gay'

By Paul Vitagliano
Oct. 9
There's no better way to celebrate National Coming Out Day on Oct. 11 than with this touching compendium of LGBT people recounting how they came to realize they were gay and sharing their subsequent coming out stories. The pictures of them in all their youthful fierceness make the book.



'The Life of Objects: A Novel'

By Susanna Moore
Out now

In her trademark tight, crisp, descriptive prose, Susanna Moore delves into World War II with her latest heroine, 17-year-old lacemaker Beatrice Palmer, who falls in with an aristocratic German family. It's a literary "Downton Abbey" — but without the slick TV sheen.



'The Oath: The Obama White House and the Supreme Court'

By Jeffrey Toobin
Out now
In his best-selling work, "The Nine," Jeffrey Toobin examined our current Supreme Court with the heart-stopping intensity of a thriller. Now in "The Oath," he tackles the Obama administration and its battles with the Court's conservative majority at the same breakneck pace.

'The Best American Comics: 2012'

Francoise Mouly, editor
Out now

There's been a "Best Of" compilation of almost every genre of writing; why should comics get passed over? Curated by Francoise Mouly, this collection presents the best work from comic world icons and up-and-comers alike. It's a standout collection — even if the year isn't over yet.



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21st century soul man

► Miguel has never been a traditional artist, which is why his 'Kaleidoscope Dream' has such a colorful sound

R&B singer Miguel doesn't see himself as your everyday soul man. And with his iPod going from David Bowie to Prince to Queen to Kanye West to Diane Warren, he might be right. His latest album, "Kaleidoscope Dream," hits stores today and on this sophomore release, he definitely paints outside the lines, something which he says is within the traditions of R&B.

"I've never been a traditional artist because my influences span a broad range of music and sensibilities," he says. "The moment I started to incorporate my honest perspective into my music, all of these influences made their way into the sound and delivery of the art. R&B really influenced and inspired genres that are thriving today, including rock and hip-hop. It will always be soul at the core of it because that's who I am."

Miguel's unconventional blend of soul, hip-hop, rock and electronica has been successful. His single "Adorn" is the latest in a string of hits the Los Angeles native has served up since his debut "All I Want Is You." A Grammy nod and three No. 1 hits on the R&B charts have

him feeling good these days.

"It's a blessing to make music that I'm in love with, but it's an even bigger blessing to have people fall in love with it too," he says.

His new album feels like a jam session between Cold-

play and Prince; a formula that conventional wisdom says the R&B crowd would reject. But conventional wisdom would be wrong. And the positive reception is welcomed as Miguel strives to give fans a timeless musical

experience.

"I'm excited that people are open to the risks that I am taking," he says. "I want people to leave with something they will remember forever. I want them to say, 'I remember when I was 19 and I took this girl to this Miguel concert.' I do my best to give myself to the moment so everyone can lower their guard and let the music in."



G. VALENTINO BALL
letters@metro.us

Soundtrack to love

As an R&B singer, Miguel makes the music that is the backdrop for painting many a romantic canvas. However, when it's his time to play Picasso, his own songs aren't at the top of the playlist.

Miguel laughs, "I'm not that narcissistic. There's some great music out there outside of the music that I make. I'm not that cool to listen to my music. It would just feel corny to me. Though it's definitely been requested."



Miguel isn't afraid to mix up the sounds on his new album.

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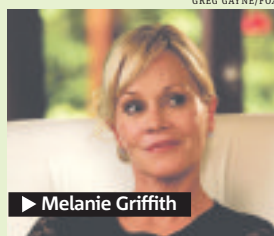
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TV watch list

'Raising Hope'

COMEDY. Melanie Griffith guest stars as Sabrina's superficial mom, who is the perfect uptight opposite of her daughter's hapless boyfriend, Jimmy, and his dysfunctional clan. The first meeting of the families is at the funeral for Sabrina's



► Melanie Griffith

nana, laying the groundwork for instant disappointment and embarrassment. **Season premiere, 8 p.m., Fox**

'Hart of Dixie'

DRAMA. NYC transplant Zoe must choose between her Southern suitors, George and Wade, to set up all sorts of plot-lines involving jealousy and heartbreak for Season 2. **Season premiere, 8 p.m., The CW**

'The Voice'

REALITY. In case you missed

any of the chair-spinning action or mentor bickering over contestants, here's a recap of the blind audition rounds. **8 p.m., NBC**

'The Mindy Project'

COMEDY. Mindy offers a nursing job to an ex-con, further demonstrating her poor taste in men. **9:30 p.m., Fox**
● AMBER RAY

GREG GAYNE/FOX

In the news

Russian court adjourns punk band appeal hearing

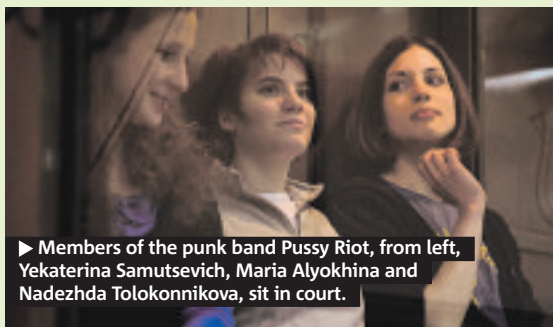
A Russian court yesterday adjourned until Oct. 10 an appeal hearing for the three members of the punk band Pussy Riot. Jailed over a profanity-laced anti-Kremlin protest in a church, the adjournment came after one of the trio dis-

missed her lawyers.

Inside the crowded Moscow courtroom, Yekaterina Samutsevich, sitting in a glass cage with her band mates, told the judges she disagreed with her lawyers' handling of the case and fired them.

"My position on the criminal case does not match their position," Samutsevich said of her lawyers.

The hearing was delayed for 10 days to give Samutsevich time to hire new lawyers as she seeks a reduction of the two-year sentence, which drew criticism of President Vladimir Putin from abroad after it was handed down on Aug. 17. **REUTERS**



► Members of the punk band Pussy Riot, from left, Yekaterina Samutsevich, Maria Alyokhina and Nadezhda Tolokonnikova, sit in court.

GETTY IMAGES

'Big ups' to the ladies

► Sean Paul reflects on the many women who have helped make his career ► The Jamaican singer on other prospective partners in song

On Sean Paul's brand-new single, Kelly Rowland asks him, "How Deep Is Your Love?" The song is pure Mr. Loverman dance hall, as Rowland provides the pretty chorus hook and Sean Paul answers that his love is "deeper than the ocean" amongst the decipherable words in his bubbling patois. Though it seems as he could be flirting with any female, he could also be giving thanks to every female.

"I think I make good songs with ladies," says the Jamaican singer, displaying what is either an acute self-awareness or an understated view of his history of duets. Over the years he has paired his voice with the likes of Rihanna, Nina Sky, Alexis Jordan, Keyshia Cole and Beyonce.

"With me wanting to do any other collaborations with ladies,



FOC KAN/WIREIMAGE

► Get used to Sean Paul's look. He says he'll be rocking the 'hawk for another 40 years.

I think Kelly Rowland was just like the cherry on top," he says.

This latest pairing also means that he's dueted with two-thirds of the formative lineup of Destiny's Child.

"Yeah, Michelle," he says, contemplating the final puzzle piece, Michelle Williams, "I guess in the future I'll do a gospel tour with her."

It's hard to know if Sean Paul is serious or not, but he does seem genuinely interested in more male/female duets.

"I want to work with Alicia Keys because of her vibe. I want to work with Shakira, and I heard she just got pregnant — big ups and congrats to her," he says, almost as if he's doing a shout-out on a radio station.

But the artist he seems really set on working with is Lauryn Hill: "I think she's an amazing talent," he says. "I do not like when people do not recognize history, and Lauryn Hill made history, man. She has a crazy album that is a landmark, and you can still play that album anywhere. That sounds like an artist to me."



PAT HEALY
pat.healy@metro.us

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Mohawk 'Technique'

Sean Paul's new album "Tomahawk Technique" is the first album cover to showcase his new mohawk hairdo, a change from the tight braids that became a trademark for

Sean Paul early in his career. He says he thinks he'll sport this 'do for a long time.

"I'm gonna be like 80 and rocking a mohawk. People will be like, 'Look at that mad old dude!'"

He's almost halfway there. Sean Paul turns 40 in January.

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► Ballet West will perform at City Center as part of the annual Fall for Dance festival.

ONE MORE FOR THE ROAD

► **Mixed bills thrill mixed crowds at Fall for Dance**

For less than the price of a 3-D movie, watch four troupes strut their stuff at City Center's glorious theater. The annual Fall for Dance blowout attracts people passionate about favorite performers and choreographers, as well as curiosity seekers and bargain hunters from all over the region. There are ensembles from nine countries and five American states.

You've already missed ABT's Herman Cornejo and Luciana Paris in Twyla Tharp's rough-and-tumble "Sinatra Suite," along with tap dancers, the Hong Kong Ballet and the Martha Graham Dance Company in a shatteringly powerful work from 1936. Tonight and tomorrow, catch a live glimpse of the gang featured in The CW's "Breaking Pointe," Ballet West, plus Nan Jombang from West Sumatra and the venerable Moiseyev from Moscow. Coming Thursday through Saturday are an all-male hula hula from Honolulu, a dance

with language by Jodi Melnick to music by Steven Reker and People Get Ready. Christopher Wheeldon's duet to Rodgers and Hammerstein's "Carousel" music will also be onstage, as well as a solo in the Kuchipudi style, with live music, by Shantala Shivalingappa.

Closing out the festival Oct. 11 through 13 is a thoroughly international card, with Seoul's Laboratory Dance Project (combining new dance with hip-hop and martial arts, to music by Goran Bregovic) and Circa, an Australian circus. Maria Pages Compania, also with live music, arrives from Seville, Spain, with a new-style flamenco work inspired by "Don Quixote" and the poetry of Neruda, Benedetti, Machado and Baudelaire.

These extraordinary mixed bills expose the many facets of world dance to viewers hungry for diverse experiences. With tickets so reasonable, you really can't afford to stay home.

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In Paris, fashion gets fierce



► Raf Simon's debut ready-to-wear collection for Christian Dior was shown in Paris.

JESSICA MICHAULT
nowfashion.com

Christian Dior

His debut ready-to-wear show touched on many of the same themes Raf Simons first explored with haute couture. Once more there was the tribute to the iconic Dior Bar jacket; again ball gowns were turned into mini-dresses worn, this time, with short shorts instead of slacks; and iridescent, puff-skirted gowns with second-skin black knit tops echoed one of the most striking looks of the couture show — a chartreuse gown that Julianne Moore wore to the Emmys. What distinguished this collection from its predecessor was how Simons loosened up his structured silhouettes. He cut dresses in A-line baby doll shapes, used pleating on sculptural smoking jackets, and added movement through the draping of colorful fabrics.

Review

Celine

In her preferred neutral palette of black, navy and white — with just a touch of blush pink or sandy gold — Phoebe Philo created a contemporary collection of relaxed urban pieces designed to move comfortably on the city streets. This included slouchy pants, slim A-line dresses with sporty V-shaped mesh inserts down the front, and outsized jackets crafted sans sleeves that finished well below the hips.

And what about those all-important Celine accessories? This is where the designer moved into the territory of another minimalist master — Martin Margiela. The flat sandals lined in colorful fur or the nude high-heeled pumps with the trompe l'oeil outline of red painted toenails were right out of the Margiela handbook. It was just the right touch of idiosyncratic fashion that gave this stress-free show a punchy finish.



Celine

Review

GIVENCHY

On a raised podium sat an organ, and in the air hovered a faint cloud of smoke that, once inhaled, revealed itself to be frankincense. Clearly, the Givenchy show was going to be a religious experience.

Riccardo Tisci focused on the purest elements of priestly garbs and nun habits and blended them with elements of the holiest form of fashion: haute couture.

The clean lines and sleek style of the house's archival couture, from Hubert de Givenchy's heyday in the 1960s, worked perfectly with the designer's pious starting point. Using luxe fabrics like taffeta, duchesse satin and radzimir, Tisci sculpted ruffles that undulated along the neckline, rippled down a sleeve or replaced them completely. This play with volume also came in the form of exaggerated rounded shoulders on jackets and



► Givenchy

tops. The addition of panels of fabrics sprouting out of the back of slim pants or trailing behind skirts was a subtler way the designer changed the proportions of his ensembles.

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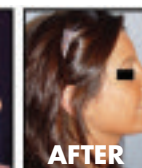


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Eyelid Lift

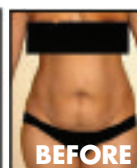


BEFORE



AFTER

Nose Surgery



BEFORE



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Tummy Tuck/Abdominoplasty

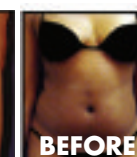


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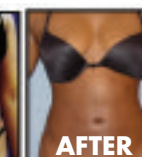


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Brazilian Butt Lift

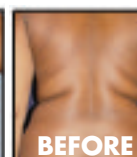


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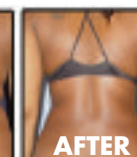


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Before her daughter Asa was born, Kamadie Traore called her Blessin. She decided on her prenatal name with the help of her visiting nurse, Karen Lewis, to help Traore form a bond with the baby that was she was carrying in her 19-year-old body.

National teen pregnancy rates are in decline, but as of 2008 nearly 7 percent of women between the ages of 15 to 19 become pregnant. First-time young mothers are often stretched thin in a multitude of ways — like Traore, who was working and attending community college when she found out she was pregnant with Asa.

In all but eight states across

What to expect

The national Nurse-Family Partnership provides guidance on many aspects of motherhood, including:

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- Nutrition, health and contraception
- Bonding techniques with your fetus
- Connecting and communicating with your child; breastfeeding
- Life and career guidance
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the country, low-income young moms are learning how to relate to pregnancy and motherhood through the Nurse-Family Partnership that assigns a nurse to a new mom. The free service is available to low-income moms who are fewer than 28 weeks pregnant with

their first child and match up a nurse through the child's second year.

Traore was Lewis's first client in the Visiting Nurse Service of New York, a program run in all five boroughs by the New York City Health Department. While doing research on

what resources New York City could offer to her, Traore found the program and enrolled.

Born in Mali, West Africa, Traore is the eldest of six siblings. She said her mother's parenting style included very little open communication. She met her husband in a traditional Malian way, but wanted motherhood to be different.

"I wanted to be able to have that relationship with my daughter where we can communicate with each other, where I can say I love you without awkwardness," she said. With Lewis by her side (and via text) she learned a different, more nurturing side of parenting.



► Kamadie Traore hugs her daughter, Asa. "It was always in me, but I credit the program for bringing it out of me that I could be this mother. I could do this."

Growing up in a house where her parents rarely engaged with children, Traore didn't have an easy time caring for Asa at first. But soon she felt more confident and even started sharing with her mother the things she learned from Lewis.

"I told her about the benefits of breastfeeding," Traore recounted. "I'm taking the oppor-

tunity to build a better relationship [with her]."

Traore is now seven months pregnant with her second child and still texts Lewis for advice. When Lewis speaks of Traore, it is with warmth and respect: "She was and she will forever be special."

 **JULIA FURLAN**
letters@metro.us



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New release

'My Brave Year of Firsts'

In yet another sure-to-be best-seller by the team of Jamie Lee Curtis and Laura Cornell comes "My Brave Year of Firsts: Tries, Sighs, and High Fives." Follow Frankie as she tries new things for the first time, from pony-riding lessons to the first day of



school. Cornell's eye-popping illustrations mixed with Curtis' inspiring story makes for an entertaining read for all children, but is recommended for ages 4-8. **DOROTHY ROBINSON**

Background TV a threat to US kids

► The effects of screen time on developing brains and minds are not well understood ► But researchers say concerning findings are emerging

DESIGN PICS

That clamor in the background? It's probably the TV, and it might be taking a toll on your toddler's development, researchers say.

According to the first national estimate of background television exposure, children in the U.S. spend nearly as much time around a switched-on television as they do in school.

Between the ages of 8 months and 8 years, kids spend an average of 232 minutes a day with the TV droning on in the background, researchers found. Add to that the 80 minutes of active watching that previous studies have found, and you land at just more than five hours of daily interaction with the electronic babysitter.

"It's quite an alarming study," said Dr. Victor Strasburger, a pediatrician who has studied media use in youngsters but was not involved in the new survey.

"This is a clear warning signal to parents that if they are not watching TV, they ought to turn it off, and a reminder



► For infants and toddlers, studies suggest the din from a TV may slow down language development.

that parents should be avoiding screen time in infants under 2," added Strasburger, of the University of New Mexico in Albuquerque.

For infants and toddlers, studies suggest the din from a TV may slow down language development, according to Strasburger.

"Think about it," he said. "It's confusing for babies who are trying to get their language together to have indistinguishable voices in the background."

Strasburger said young infants distinguish between people on TV and flesh-and-blood humans, and they learn better from the latter. When he walks into an examination room, the pediatrician added, he can tell which toddlers are watching TV and which ones have parents reading to them.

"The babies that are being read to are just chattering away, and the babies that sit in front of a TV are silent," he said. "It means their language development is threatened — they may catch up, but it's a concern." **REUTERS**

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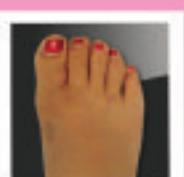
Put that screen away

The American Academy of Pediatrics recommends lim-

iting media time for kids to less than two hours per day, keeping the TV set and Internet out of the bedroom and avoiding screen time for kids younger than 2.

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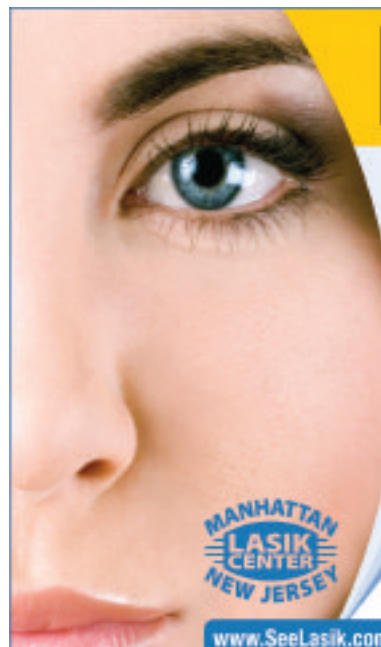
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haviors, such as hyperactivity and difficulties with peers, by age 7 than children without them. Sleep-disordered breathing interrupts sleep's restorative process, which may lead to changes in the brain that affect behavior, says researcher Karen Bonuck, Ph.D., of Albert

Einstein College of Medicine, in the Bronx.

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Letters

letters@metro.us

Don't let the poll numbers lead you around by the nose

RE: "APPARENTLY DONKEYS WEIGH A LOT MORE THAN ELEPHANTS" (METRO, OCT. 1) Letter writer Ron Shelton is absolutely right: Obama will lead in the polls if you ask more voters who support him, obviously. The polls don't come close to reflecting the political breakdown of the nation; they are grossly inaccurate. In addition to this fact, the pollsters are using 2008 figures, which are grossly inflated on turnout because the dynamics were different. In 2008, people were angry with the war in Iraq and there was a novelty factor because America never had an African-American president; however, both of those factors have subsided a great

deal. Campaigns use polls to validate current policies. But it may hurt the campaigns if they aren't honest with themselves and don't change tactics as needed.

JOHN HEMPILL, VIA E-MAIL

Plans only work if people make them

I have watched from the sidelines as the Occupy movement has tried to gain traction with no visible success. And, as a professional communicator now teaching the next generation(s) of communicators, I see one clear reason why: lack of a cohesive message and visible spokesperson relaying that message. Efforts have been a hodgepodge of self-righteous, indignant protestations from scattered supporters — not

from one centralized source. Effective communication is the result of cohesive and coherent actions taken to inform the public. The Occupy movement's communication office is "unoccupied."

KIRK HAZLETT, VIA E-MAIL

Keep pols firmly in taxpayers' pockets

RE: "TAKE THIS TO THE BANK: BIG DONORS GET WHAT THEY PAY FOR" (METRO, SEPT. 27) I agree with Michael J. Frosch that campaign finance is the root cause of government dysfunction. I understand Occupy's distaste for making specific demands, but if there's one thing worth camping in public parks, marching in the streets and possibly getting arrested for, it's public financing of elections. With that

revolutionary change, the purchasing of politicians by corporations and the ultra-wealthy would be eliminated, and our elected representatives would be accountable to all the voters.

JEFF STONE, MILTON, MASS.

Justice is blind — politicians are not

RE: "IN BLIND INVESTING WE TRUST?" (METRO, SEPT. 25) I think Michael J. Frosch wrote a great news column. He is questioning the whole concept of "the blind trust" that politicians use when they run or get elected to office. The office-seekers claim that they are appointing a trustee that gives the latter total control over all investment decisions. The politician supposedly doesn't know what the trustee invests in nor has any influence in it. But as Frosch implies, what would prevent the politician to provide his or her input by simply (orally) telling the trustee what to do.

MARTIN FEUERMAN, NYC

Horoscope

♎ Libra **Sept. 23-Oct. 23.** Don't worry if things have been a bit dull lately on the social front. A series of exciting developments are in the making, and you'll get wind of them soon.

♏ Scorpio **Oct. 24-Nov. 22.** Circumstances are starting to intervene on your behalf, turning several iffy situations into something lucrative.

♐ Sagittarius **Nov. 23-Dec. 21.** An exciting new project that has a lot of promising potential is likely to capture your fancy at this time. It'll be the kind of endeavor that will be a pleasure to undertake.

♑ Capricorn **Dec. 22-Jan. 19.** Try to devote as much time and effort as possible to some of your more ambitious objectives. Your chances of realizing fulfillment look to be exceptionally good.

♒ Aquarius **Jan. 20-Feb. 19.** Engaging in mundane routine is likely to bore you to distraction. However, developments that challenge your ingenuity will bring out your championship qualities.

♓ Pisces **Feb. 20-March 20.** Something advantageous of a business nature is developing for you at this time. You might learn about part of it today, but there will be much more manifesting tomorrow.

♈ Aries **March 21-April 19.** Don't at-

tempt anything on your own that can be better accomplished with a competent ally. You'll be far more fortunate doing things with a partner than by yourself.

♉ Taurus **April 20-May 20.** Something wonderful could happen for you where your work or career is concerned. You'll need to be on your toes, because what develops will require an instant response.

♊ Gemini **May 21-June 20.** You'll be on the minds of several friends who are making some out-of-the-ordinary plans of a social nature. Lucky you, because you'll be penciled into their arrangements.

♋ Cancer **June 21-July 22.** Influences that have a direct effect on your basic requirements and material security are both unique and favorable at present. You're likely to profit from a strange set of circumstances.

♌ Leo **July 23-Aug. 22.** Your inclination to attempt to please everybody will end up working to your ultimate benefit. Friends and colleagues whose lives you brighten will, in turn, try to brighten yours.

♍ Virgo **Aug. 23-Sept. 22.** There are all kinds of indications that you are likely to be luckier than usual in arrangements that have profitable potential. What you gain will not be of a temporary nature.

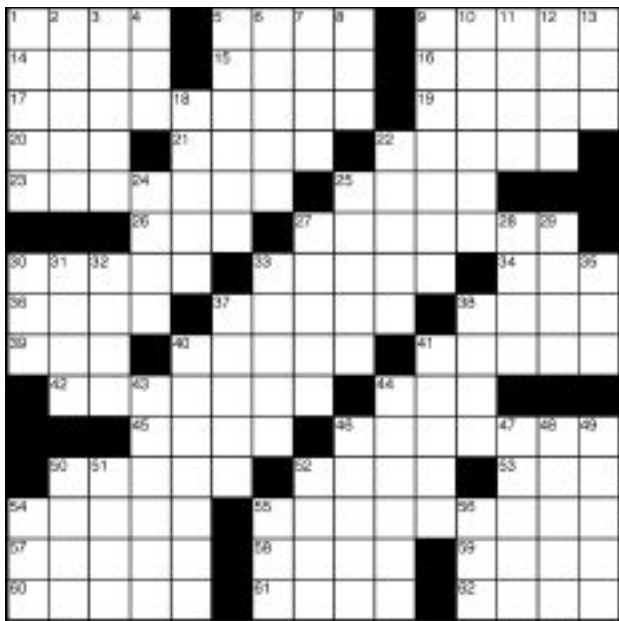
♎ BERNICE BEDE OSOL

Across

- 1 Hotel convenience
- 5 Comics pooch
- 9 Drive recklessly
- 14 Hydrox rival
- 15 Grant territory
- 16 Ram constellation
- 17 Avert
- 19 Ore deposits
- 20 GP org.
- 21 Comet — -Bopp
- 22 Wanted-poster word
- 23 Conspicuous
- 25 Political coalition
- 26 Never, to Wolfgang
- 27 Bottled gas
- 30 Be gracious
- 33 "Mission" starter
- 34 Type of poem
- 36 Cat scanners?
- 37 Fully aware
- 38 Subscription length
- 39 — Lingus (Dublin carrier)
- 40 Box
- 41 Tropical swayers
- 42 Oater town
- 44 Sitcom planet
- 45 Hair curler
- 46 Cut in thirds
- 50 Proposal
- 52 All boys
- 53 Hawaii's Mauna --
- 54 Rowboat
- 55 Cougar
- 57 Ernest or Julio
- 58 Worry
- 59 Threshold
- 60 Before Polk
- 61 Key -- pie
- 62 Broncos do it

Down

- 1 Furniture buys
- 2 Cook's lure
- 3 Not domesticated



- 4 Job-ad letters
- 5 Fuel rating
- 6 Started a poker game
- 7 Groundless
- 8 Cave-dwelling fish
- 9 Smacks
- 10 Beethoven's Third
- 11 Verdi opus
- 12 Notch shapes
- 13 Lisper's problem
- 18 Valentino role
- 22 Single-handed
- 24 Rural stopovers

- 25 Reduce speed
- 27 Talk pointlessly
- 28 Eggnog time
- 29 Party-tray cheese
- 30 Water-power org.
- 31 Dressy shoe
- 32 Razor brand
- 33 Tom Sawyer creator
- 35 "Um" cousins
- 37 Armadillo's protection
- 38 Wild oxen of Tibet
- 40 Watch over (2 wds.)

- 41 Rainbow maker
- 43 Thumb through
- 44 Highly decorated
- 46 Alaskan pole
- 47 Avoid capture
- 48 Chain dance
- 49 Spud
- 50 Approve
- 51 Stuff
- 52 Graceful wrap
- 54 Mil. officer
- 55 Grey Cup org.
- 56 Above, to Tennyson

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		8		3	6		
	4			1	3		
		1		3		9	6
5		4		9			8
9	2						3

SUDOKU LEVEL: EASY

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		6	4		8	7	
	4	1	6			3	
	3		7	8		6	2
			6			7	
2				5			

SUDOKU LEVEL: HARD

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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destinations

Where to go this fall

► Fall is the time for savvy travels, with slashed prices, fewer crowds and cooler temps ► Whether it's far-flung (Hawaii) or close (Miami), here are the spots for you

Colorado

Why go now: Rustic dude ranches, Rocky Mountain switchbacks and pioneer tradition make for a relaxing getaway before the snow descends on the state. Pick from a barrage of fall festivals in the charming mountain towns of Telluride and Aspen, whose film festival is an appealing, lower-key option to the madness at Park City's version. For those with nothing but downtime on their to-do lists, gazing at the blazing fall foliage makes for an itinerary all on its own.

Curacao

Why go now: It takes a bit longer to reach this far-flung Caribbean island, but its location well below the hurricane belt means travelers can enjoy its Dutch-flavored delights



► Catch waves for less in Hawaii during the fall.

Hawaii

Why go now: White-sand beaches and pounding surf, lush green landscapes and vibrant local culture with significantly less crowds — Hawaii becomes even more of a paradise in the fall. Room rates and airfare are often slashed from September through December, and the island beckons with its

best weather of the year during this time, too — warm and sunny during the day, slightly cooler at night. Plus, travelers can get an authentic taste of Hawaiian heritage and culture with the Aloha Festivals: a month-long series of concerts, parades and street parties that runs from September through October.



► Verona is a perfect European destination during the fall.

PHOTOS: GETTY IMAGES

without worrying about any major weather woes. The island's charming capital city of Willemstad, which is separated into two distinct regions by a floating bridge, is well worth exploring — with several noteworthy museums, a floating fish market and shops featuring local artisans.

Italy

Why go now: A vacation to Italy is sublime any time of year, but fall is by far the best time to go to take advantage of smaller crowds and much better rates, not to mention cooler weather. Autumn marks the start of the opera and performing arts season across the country. Wine and harvest festivals abound, too; a notable one is the Alba International White Truffle Fair, a six-week lineup dedicat-

ed to the coveted little tubers (called tartufos in Italian) that draws hundreds of foodies and chefs from all over the world.

Miami

Why go now: In the fall, Miami's steamy summertime temperatures cool somewhat — but the city's glamorous see-and-be-seen scene stays white-hot through winter, when the elite of art and design circles flock for Art Basel Miami Beach (Dec. 6-9). Equally serious revelers on the gay scene never miss the grand dame of circuit parties, White Party Week (Nov. 19-26).

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I left my heart in Cappadocia



► These ancient frescoes are hidden within the rock formations that make Cappadocia's landscape so special.

GETTY IMAGES

► Central Turkey is home to one of the most geographically unique places in the world ► Your guide to the must-see spots in this culturally rich locale

There's nowhere else in the world quite like this region in eastern Anatolia, Turkey. Made up of several small villages, Cappadocia (pronounced Kap-a-dokia) is a UNESCO world heritage site. With settlements that date back to the 8th century B.C., thousands of years of rich history provide visitors with plenty to see and do, in addition to luxury accommodations and shopping.

See

Natural wonders are the No. 1 attraction in Cappadocia, with unique rock formations of the fairy chimneys (tall, thin spires of sedimentary or volcanic rock) covering much of the land. While the area has been home to the Hittites, Phrygians, Persians, Romans,



► This is just one of many cave rooms in the Museum Hotel.

MUSEUM HOTEL

Stay

Out of the many lovely accommodations available in the area, the Museum Hotel has the distinction of doubling as a tourist attraction in its own right. Renovated from ancient ruins in 1998, the hotel makes use of the cave dwellings that

populate so much of the landscape in the region. Each room blends the rustic nature of the raw stone walls (originally inhabited by nomads called the Tekeli clan) with luxurious antique furniture and artifacts from the Museum of Nevsehir. ► **The Museum Hotel**
www.museum-hotel.com

On the Web

- **Goreme Open Air Museum**
Kaymakli Underground City
www.goreme.com
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www.omurlu.com

Byzantines, Seljuks and Ottomans, it was the early Christians who perhaps left the most fascinating mark in Cappadocia's many caves. There are some 3,000 rock churches in the area, from a time when the early Christians hid in the region to escape persecution. The Goreme Open Air Museum allows visitors to tour the preserved living spaces and chapels, which feature stunningly intricate frescoes of prominent early figures in the church.

Those who aren't claustrophobic should visit the many underground cities in the area. The network of tunnels in the Kaymakli Underground City in Nevsehir extend at least four floors underneath the surface. Archaeologists estimate that the cities were created between the 8th and 7th centuries B.C. for people hoping to hide from neighboring enemies.

Hot air ballooning is a popular activity for visitors to the region. At sunrise, the area is peppered with ascending balloons that overlook the various rock formations.



GETTY IMAGES

► Don't leave Cappadocia without seeing the Petrified Desert.

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HEIDI PATALANO
heidi.patalano@metro.us

NEW YORK KNICKS — MEDIA DAY 2012



Who needs to score?

JEFF ZELEVANSKY/GETTY IMAGES

► Carmelo Anthony talks defense — yes, defense — as Knicks training camp opens today ► Learned trust from Olympics ► Lin talk off limits

It was Media Day for the Knicks yesterday — everyone was in a good mood and everyone was willing to talk about “the little things.”

Even Carmelo Anthony got into the fun of talking defense. Anthony, one of the two or three best scorers in the world but never known as a stopper, was thrilled to extoll the virtues of defense.

Entering his 11th season, he said he's tired of scoring a boatload of points with nothing to ultimately show for it. A known assassin on the floor, Anthony admitted he “can score 30 points any time I want” and added with a wry smile that

Knicks won't talk about Lin

The Knicks were happy to talk about everything from defense, to building a win-now roster — just don't ask about the Jeremy Lin fiasco.

“I'm not going to discuss Jeremy Lin,” head coach Mike Woodson said after

he's “done trying to score 30. Everybody knows I can do it. ... So if I have to sacrifice [scoring] I'll do it.”

The epiphany for Anthony



the first Lin salvo was fired. “It's a process we went through and we ended up

getting Raymond Felton, Jason Kidd and Pablo [Prigioni]. ... This day is about this team.”

● METRO/TW

apparently came during his time in London at the Olympics. The five-time All-Star went on to say that his Olympic experience showed him the

way to better leadership instead of solely being a scorer. He added by watching true professionals and winners like Kobe Bryant, Dwyane Wade and LeBron James, it gave him insight — mainly knowing how to trust teammates to do their job and not worry about trying to single-handedly win games.

“At the end of the day, all that matters is winning. Everybody knows I can score. Now it's about trusting teammates,” Anthony said. “[The Olympics] put everything in perspective. The principle of trusting guys.”



TONY WILLIAMS
sports@metro.us



Nets talking title on first day of camp

The Nets made it abundantly clear on the first day of their new season — they expect to compete for a title, and sooner rather than later.

“Where we are now, the goal is to win a championship,” head coach Avery Johnson said. “That's the goal. At the end of the day, that's what we're playing for.”

Yesterday wasn't just the first day for the team in Brooklyn — it was the first day for many of the players. Joe Johnson, Jerry Stackhouse and Josh Childress were introduced to the media. The six-time All-Star didn't back down from the title talk either.

“I think we've got everything you could possibly want on a championship-caliber team.” ● METRO

Quoted



“I love being a Net. I was drafted a Net. It's the only thing I've known. I wanted to be in Brooklyn.”

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Coughlin: Loss was very hard

The Giants were 15 hours removed from Sunday's gut-wrenching loss to the Eagles but the wounds were still fresh.

"It's not any easier [Monday] morning than it was



[Sunday] night at 11:30, or whatever time that was," said Coughlin. "It was a very, very difficult loss for our team. And to be quite honest with you, it was especially [tough] in light of the fact that a year

ago, we had so many exciting, come-from-behind type finishes that turned out the other way."

Coughlin blamed the loss in part on himself, saying he would've handled the final 15 seconds differently, by trying to shorten the final field goal, given another shot. **TONY WILLIAMS**

Jets sign troubled Berry

Coming off a 34-0 home loss to the 49ers, the Jets addressed one issue yesterday — even if it wasn't the most pressing.

The Jets signed cornerback Aaron Berry to help a depleted secondary, but now they have to hope their new lockdown corner keeps from getting locked up.

Berry comes to the Jets with a troubled past, including two arrests in a month's span this past summer. But he is a talented player.

The Jets decided to take the gamble, despite him having been driven out of Detroit.

"We feel that Aaron has the



▶ Aaron Berry was cut by the Lions.

chance to be successful on and off the field here," head coach Rex Ryan said. "If we didn't believe that, we wouldn't bring him here."

In 11 games last year in Detroit including three starts, Berry had 31 tackles and 11 passes defended.

According to reports, Berry signed a two-year deal. Ryan said "it was too early to tell" how Berry would fit into the defense and when he will be ready to step onto the field.

"I think he has the physical skill set we look for in our corners," Ryan said.

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For more information please contact:
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Legal Notices

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, October 10, 2012 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Sweet Athens Café Inc. to continue to, maintain, and operate an unenclosed sidewalk café at 32-07 30th Avenue in the Borough of Queens for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE OF FORMATION of An Artistic Taste LLC, Art of Org. filed with Secy of State of New York (SSNY) on 08/22/2012. Office location: Bronx County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 250 Emerson Ave. Bronx NY 10465. Purpose, any lawful activity

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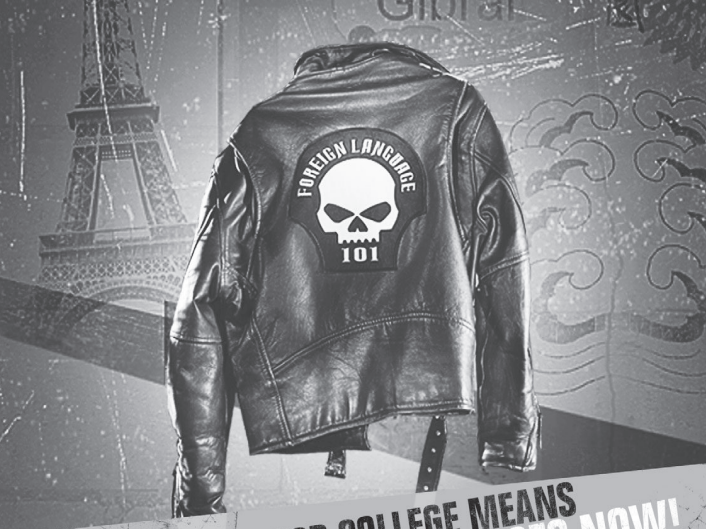
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